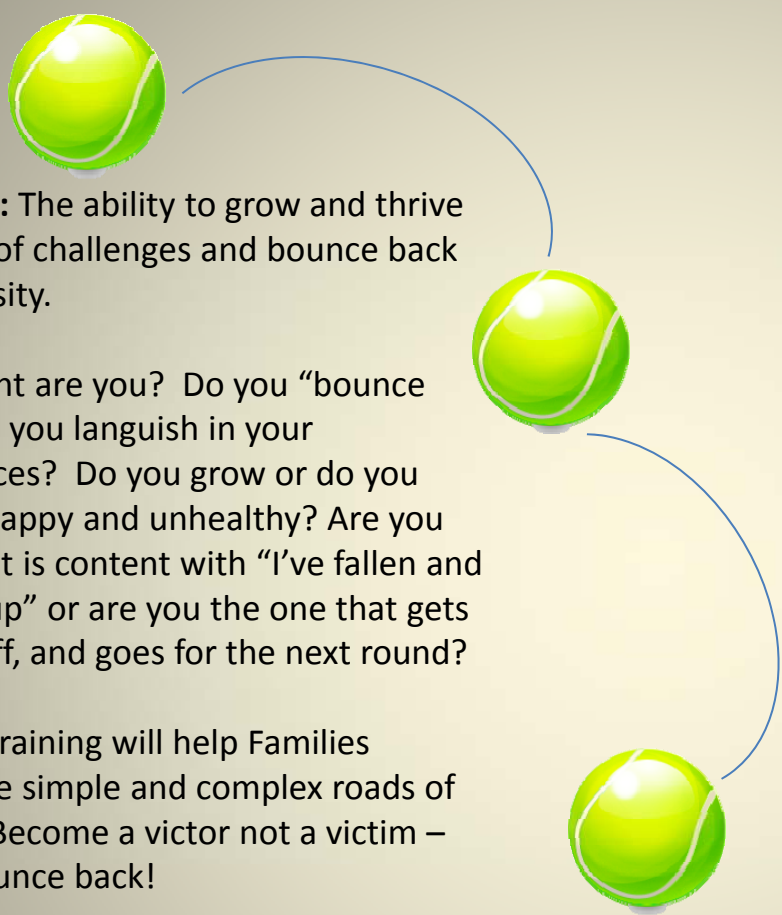




**COMPREHENSIVE  
SOLDIER FITNESS**  
STRONG MINDS ★ STRONG BODIES

# MILITARY RESILIENCE TRAINING (MRT) FOR FAMILIES



**RESILIENCE:** The ability to grow and thrive in the face of challenges and bounce back from adversity.

How resilient are you? Do you “bounce back” or do you languish in your circumstances? Do you grow or do you remain unhappy and unhealthy? Are you the one that is content with “I’ve fallen and I can’t get up” or are you the one that gets up, dusts off, and goes for the next round?

Resilience training will help Families navigate the simple and complex roads of Army life. Become a victor not a victim – learn to bounce back!

## **MODULE ONE:**

10 Jan 11 – 0930-1130 - Resilience and MRT Competencies and Hunt the Good Stuff

## **MODULE TWO:**

7 Feb 11 – 0900-1200 - Activating Events, Thoughts and Consequences (ATC) Model

7 Mar 11 – 0930-1130 - Avoiding Thinking Traps

18 Apr 11 – 0930-1130 - Detecting Icebergs

2 May 11 – 0900-1130 - Energy Management and Problem Solving

6 Jun 11 – 0930 – 1130 - Putting It In Perspective (PIIP)

1 Aug 11 – 0930 – 1130 - Real Time Resilience

## **MODULE THREE:**

12 Sep 11 – 1230 – 1500 - Identify Strengths in Self and Others

3 Oct 11 – 0900 – 1130 - Use Strengths in Challenges

## **MODULE FOUR:**

7 Nov 11 – 1230 – 1500 - Assertive Communication

5 Dec 11 – 0900-1200 - Active Constructive Responding

All training will be conducted at the Family Outreach Center, building 33512, (behind Woodworth Library), Rice Road. Registration is required. To register, contact Shawn Williams at 706-791-1958 or [shawn.williams1@us.army.mil](mailto:shawn.williams1@us.army.mil).

Childcare costs will be paid by ACS. Participants must use the Child Youth and School Age Service (CYSS). Children MUST be registered to be eligible for care. The point of contact for childcare registration and reservation is Kathleen Duncan at 706-791-1305. If you’ve already registered your children go to <https://webtrac.mwr.army.mil/webtrac/gordoncylms.html> to reserve your slot for the training.

NOTE: You must have a username and password.